

# Finding wellbeing

What comes to mind when you hear the word “wellbeing”? Physical health? Good finances? Support from friends and family? Freedom from stress about your job or your relationships?

## It's about your whole life

Wellbeing is more than just the absence of disease. It is an overall feeling that your life is going well. That things are good. That you are in balance.

Each part of wellbeing is linked to the next. When one thing is “off,” it can throw other things off, too. Feelings of stress, for example, can cause physical problems like tense muscles, headaches or stomach problems.



### The 6 keys to wellbeing

Focusing on these tips can help you keep your life more in balance every day:

- 1** **Physical:** Practice daily self-care: staying active, eating well, sleeping well
- 2** **Emotional:** Coping well with life and managing stress
- 3** **Financial:** Feeling good about your current and future finances
- 4** **Social:** Feeling that you are connected to and supported by others
- 5** **Occupational:** Feeling good—and fulfilled—by your work
- 6** **Spiritual:** Having a sense of purpose and meaning in life

“Health is more than the absence of disease. It is a state of complete physical, mental and social wellbeing.”

- World Health Organization

See other side for tips on boosting your wellbeing

# Boost your wellbeing

Trying a few of these tips may help you  
**achieve better balance in your life**

## Spiritual

- Practice being thankful every day
- Try to be mindful and “in the moment”

## Physical

- Eat for energy
- Restore your body with sleep



## Emotional

- Practice deep breathing to manage stress
- Try to focus on the positives in life



## Occupational

- Find ways to increase your skills and knowledge
- Create connections with your coworkers



## Financial

- Plan for the future with investments
- Reduce debt and keep a monthly budget



## Social

- Surround yourself with good friends
- Join a club to meet others with your interests



Source: CDC. Well-being concepts. Retrieved December 23, 2016, from: <https://www.cdc.gov/hrqol/wellbeing.htm>



This information is general in nature. It is not meant to replace the advice or care you get from your doctor or other health care professionals. If you have specific health care needs or would like more complete health information, please see your doctor or other health care provider.

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